



**Eksento Inc.**

*knowing • doing • being*

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**From Pleasant to Passionate:  
How EI Can Transform the Workplace**

Have you ever given any thought to the number of hours you will have spent working in a lifetime? By working *a mere* 35 hours a week for 50 weeks a year from the age of 25 until retirement at 60, you will have clocked in well over 60,000 hours!

Time is a currency, and with the amount of time we actually “spend” at work, it is well worth the investment to make our work environment a place where we can not only *do* our job well, but also *be* personally fulfilled and happy.

If you had to describe your workplace, what word would you use? Challenging, stressful, toxic, pleasant? Would you use *passionate* to describe your workplace? If your workplace is not igniting your spirit and feeding your soul, the next step may be to ask yourself: What could make my workplace a better one? Where do I begin to stir up the passion at work?

Passion begins within; it begins with our own emotional intelligence. For the last decade, the concept of emotional intelligence has risen from being relatively unknown to being increasingly recognized as a major factor in leadership development, employee retention and team effectiveness. Daniel Goleman, author of *Working With Emotional Intelligence*, argues that the emotionally intelligent worker is skilled in two key areas: personal competence (how we manage ourselves, our emotions and our behaviors) and social competence (how we manage our relationships). How we do our job matters, but who we are when we do our job matters just as much, if not more...

**HIGHER AWARENESS**

*“First say to yourself what you would be; and then do what you have to do.”*

Epictetus  
(55-135)

Even though he was born a slave in Hierapolis, ancient Greek philosopher Epictetus believed that all human beings are perfectly free to control their lives and to live in harmony with nature. He spent his entire career teaching philosophy and promoting a daily regime of rigorous self-examination. What is noteworthy about this particular quote is the emphasis Epictetus placed on *being* before *doing*. Regardless of the roles we play in our life and at work, we are first and foremost human *beings*. By all means, we should continue to prepare TO-DO lists, but also realize the importance of a TO-BE list.

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**FOOD FOR THOUGHT**

Who would you be without your emotions?

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**BEING@WORK TRAINING**

Eksento Inc. offers workshops, courses, and presentations for staff, managers and supervisors on the following topics:

- Creating an emotionally intelligent workplace
- Non defensive communication
- Coaching and leadership
- Conflict management
- Team identity
- Change management
- Performance evaluation and management
- Supporting employees after training

**...AND COMING SOON**

- A workshop on Time Management
- A guide for supervisors to help employees apply and maintain new skills after training

*A Newsletter for Human Beings@Work*

In a rapidly changing work environment, emotions are important determinants of organizational performance as we recognize their impact on our ability to adapt, connect to people, and be part of a team. What emotions are driving your choices? How are these choices affecting your life? Are your choices giving you the results you want at home, at work, indeed, in life?

*Jeannine Ouellette*  
Director, Content Development

CALL US FOR DETAILS!

Visit our website to learn about Eksento services and publications.  
[www.eksento.com](http://www.eksento.com)

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*Talk to us about your training needs!*  
We are always in the process of designing new workshops for human beings at work.

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